

Menus for February 2018

Lynchburg City Schools Hutcherson ELC Lunch Menus

This institution is an equal opportunity provider.
Menus are subject to change.



Thursday, February 1

Lunch Entrée

Spaghetti & Meatballs

Lunch Sides

(All Included)

Steamed Broccoli

Sliced Peaches

1% or Fat Free White Milk

Friday, February 2

Lunch Entrée

Ham & Cheese Sandwich

Lunch Sides

(All Included)

Crinkle Cut Oven Fries

Diced Pears

1% or Fat Free White Milk



Monday, February 5

Lunch Entrée

Toasted Cheese Sandwich

Lunch Sides

(All Included)

Campbell's Tomato Soup

Chilled Mixed Fruit

1% or Fat Free White Milk

Tuesday, February 6

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Fresh Veggie Cup w/Ranch Dip

Sliced Peaches

1% or Fat Free White Milk

Wednesday, February 7

Lunch Entrée

Honey BBQ Pork Rib Patty on Bun

Lunch Sides

(All Included)

Steamed Green Peas

Blueberries w/Whipped Topping

1% or Fat Free White Milk

Thursday, February 8

Lunch Entrée

100% Beef Patty on WG Bun

Lunch Sides

(All Included)

Steamed Broccoli

Juicy Apple Slices

1% or Fat Free White Milk

Friday, February 9

Lunch Entrée

Pizza Crunchers

Lunch Sides

(All Included)

Romaine Garden Salad

Sliced Peaches

1% or Fat Free White Milk

I am the letter

R



rabbit

MELTING AWAY.

Chocolate and hearts go together this time of year. And, yes, a little dark chocolate now and then can even be good for you. But scientists warn that the prime cocoa growing areas of the world could be too warm to grow the crop by as soon as 2050.



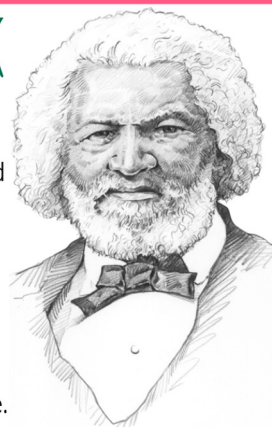
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Every complete meal
we serve comes with
your choice of milk!

FREDERICK DOUGLASS

Frederick Douglass escaped from slavery in Maryland in 1838. He became a renowned orator and abolitionist and the best known and most influential African American of his time.



AFRICAN AMERICAN HISTORY MONTH
Want to know more? Search for "Frederick Douglass" on-line.



Monday, February 12

Lunch Entrée

Cheeseburger Meatloaf on WG Bun

Lunch Sides

(All Included)

Green Beans

Chilled Mixed Fruit

1% or Fat Free White Milk

Tuesday, February 13

Lunch Entrée

Pizza Dippers w/Pizza Dipping Sauce

Lunch Sides

(All Included)

Snappy Celery Sticks

Applesauce Cup

1% or Fat Free White Milk

Wed., February 14

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes

1/2 Banana

1% or Fat Free White Milk

Thursday, February 15

Lunch Entrée

Breaded Chicken Patty on WG Bun

Lunch Sides

(All Included)

Steamed Broccoli

Sliced Peaches

1% or Fat Free White Milk

Friday, February 16

Lunch Entrée

Ham & Cheese Sandwich

Lunch Sides

(All Included)

Crinkle Cut Oven Fries

Diced Pears

1% or Fat Free White Milk

Monday, February 19

Lunch Entrée

Toasted Cheese Sandwich

Lunch Sides

(All Included)

Campbell's Tomato Soup

Chilled Mixed Fruit

1% or Fat Free White Milk

Tuesday, February 20

Lunch Entrée

Honey BBQ Pork Rib Patty on Bun

Lunch Sides

(All Included)

Fresh Veggie Cup w/Ranch Dip

Sliced Peaches

1% or Fat Free White Milk

Wed., February 21

Lunch Entrée

Chicken Nuggets

Lunch Sides

(All Included)

Steamed Green Peas

Blueberries w/Whipped Topping

1% or Fat Free White Milk

Thursday, February 22

Lunch Entrée

Creamy Macaroni & Cheese

Lunch Sides

(All Included)

Steamed Broccoli

Juicy Apple Slices

1% or Fat Free White Milk

Friday, February 23

Lunch Entrée

Pizza Crunchers

Lunch Sides

(All Included)

Romaine Garden Salad

Sliced Peaches

1% or Fat Free White Milk

Monday, February 26

Lunch Entrée

Cheeseburger Meatloaf on WG Bun

Lunch Sides

(All Included)

Green Beans

Chilled Mixed Fruit

1% or Fat Free White Milk

Tuesday, February 27

Lunch Entrée

Pizza Dippers w/Pizza Dipping Sauce

Lunch Sides

(All Included)

Snappy Celery Sticks

Applesauce Cup

1% or Fat Free White Milk

Wed., February 28

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes

1/2 Banana

1% or Fat Free White Milk

**YEAR OF THE DOG
2018**

The Chinese
New Year
begins with
the new
moon on
February 16.
2018 is the
year of the
Dog.



**PORTRAITS OF
SPECTACULAR
Athletes**

**Winter Olympics
February 9-25
PyeongChang,
South Korea**

Photo by Brett Wilhelm/ESPN

Snowboarder Chloe Kim won three gold medals at the Winter X Games before she turned 16. She made the U.S. Olympic team in 2014, but at age 13 was too young to compete. Chloe, now 17, returns to her parents' home country of Korea to compete for gold in the 2018 Winter Olympics!

CHLOE KIM

NUTRITION TO GO

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside – about 200 seeds per berry!

A QUICK BITE FOR PARENTS